



Maury County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Maury County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Maury County School System that includes:

- School Health Advisory Committee
- Seventeen Healthy School Teams
- School Health Policies strengthened or approved include wellness, Coordinated School Health initiatives, nutrition, and a la cart vending and physical activity policies.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$86,335.

Community partnerships have been formed to address school health issues. Current partners include:

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|--|-----------------------------------|
| ➤ Centerstone Mental Health Services | ➤ Well Child, Inc. |
| ➤ Centerstone Prevention Services | ➤ Mule Town Family Networks |
| ➤ The Pregnancy Center of Columbia | ➤ Jr. Auxiliary Club |
| ➤ Maury Regional Healthcare Foundation | ➤ YMCA |
| ➤ Maury Regional Medical Center | ➤ UT Extension Office |
| ➤ Maury County Health Department | ➤ Maury County Health Council |
| | ➤ Maury County Advisory Board |
| | ➤ Mental Health Workgroup |
| | ➤ Safe Neighborhood Coalition |
| | ➤ American Red Cross |
| | ➤ American Heart Association |
| | ➤ Boys and Girls Club of Columbia |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including health screenings, fun walks and runs, blood drives, School Wide Positive Behavior Support committees, and Jump Rope for Heart. Currently, approximately 735 parents are collaborating with CSH.

Students have been engaged in CSH activities to include hand washing lessons, awareness and prevention projects such as early colon cancer screening, sexually transmitted diseases,

and student led morning exercise broadcasts. Approximately 80 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Maury County School System, the following health interventions have taken place: student health screenings in grades K, 2, 4, 6, 8, and 9. Eight schools have AEDs, Well Child, Inc. continues to provide EPSDT screenings and EPSDT sports physicals at a reduced rate and Pre-K health screenings. We have advocated for more nurses for our county. The School Board voted to add a nurse to the budget that is currently before the County Commission for approval. The TN Department of Health Oral Health Services will screen students for their dental sealant program over the summer.

School Health Screenings and Referrals to Health Care providers – 2756 screened and 336 referred:

Students have been seen by a school nurse and returned to class: N/A (MCPS does not currently employ a nurse at every school throughout the school day.)

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Obese/Overweight Percentages by Year:	Obese Percentages by Year:
2007-2008=42%	2007-2008=22.5%
2008-2009=48.8%	2008-2009=27.5%
2009-2010=45%	2009-210=26%
2010-2011=40%	2010-2011=23%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include screening supplies and equipment, mascot and health promotional materials, Dance Dance Revolution equipment, Wii gaming systems, Take 10! and Michigan Model health curriculum, Yoga mats, suicide prevention materials, mobile vending cart for healthy breakfast project, Blue Cross Blue Shield Walking Works supplies, pedometers, and various physical activity equipment for schools

Professional development has been provided to counselors, physical education teachers, and nurses. Teachers have attended the Tennessee Association for Health Physical Education, Recreation, and Dance Conference;

School faculty and staff have received support for their own well-being through flu shot clinics and district wide Staff Wellness Challenge 2011 and Taking Care of Yourself talk offered to all faculty meetings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – use second hand smoke model, smokeless tobacco model, good lung/bad lung, gross mouth, and Lou Wheeze displays in the cafeterias; speaking with students about the dangers of tobacco use, Michigan Model 2010-2011 school year at Mt. Pleasant Elementary, collaboration with guidance counselor and physical education teacher when teaching the nutrition and physical education unit, Michigan Model teacher manuals have been purchased for all elementary schools, Michigan Model physical education supplementary materials have been purchased for all elementary schools with training to take place fall of 2011, Michigan Model social emotional supplementary materials have been purchased for all elementary schools with training to take place fall of 2011, Choosing the Best Abstinence Education for 7th grade and 9th grade, D.A.R.E. program taught by SROs to all 5th grade students, Tar Wars curriculum taught in elementary schools to 4th grade students, additional Red Cross instructor certifications, and CSH website redesigned where teachers can see all the materials available for check out for health education;
- Physical Education/Physical Activity Interventions – Take 10! for classrooms, Blue Cross Blue Shield Walking Works for Schools, Jump Rope for Heart, enrichment games from Switzerland and Mexico, and morning exercise broadcasts;
- Nutrition Interventions – no longer using fryers, all previously fried food is now baked, whole grain pastas, greener salad mixes using spinach, spring mix, or romaine with iceberg, all whole grain breads and breadings, fresh fruits served daily, low fat yogurts, completely eliminated or greatly reduced salt/butter in cooking process, and fresh large and side salads offered daily;
- Mental Health/Behavioral Health Interventions – Cowboy Up Suicide Prevention Program for 7th grade students, Mental Health Integration Team consisting of LEA and community partners, mental health 101: What Staff and Teachers Need to Know training to faculty, Centerstone Prevention Services: “Be Sharp” coping skills groups, Centerstone school based counseling services, faculty suicide prevention training provided by the Jason Foundation, various bullying prevention programs and activities district-wide, peer mentoring programs, and peer mediation programs.

In such a short time, CSH in the Maury County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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